

## *Help is Available*

Help is available to you! There are therapists, counselors, and clergy with experience in Post Abortion Syndrome counseling. There are self-help groups for women who have had abortions and feel as you do. These women know what you've been through, share your pain, and provide the emotional support that encourages healing.

If you feel a need for post-abortion support, it is wise to seek out someone who understands. For help in locating someone to talk to in your area contact:

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# *Do You Know Someone?*

Have you, or someone you know, had an abortion? If so, have any of these things happened?

- 1) You've had severe cramps, bleeding or infections for months afterward, although you were told it would be "safe and simple?"
- 2) You were told you'd have no trouble getting pregnant again, but you can't and you've been trying for years.
- 3) Physically you're fine, but you feel numb inside, perhaps sexually unresponsive, or you can't bear to visit a friend who has a new baby. Or you have bad dreams that somehow seem related to the abortion.
- 4) If you try to talk about how you feel with a counselor or doctor they cut you off or send you away with tranquilizers.

Is there help? Sure there's help. Please look inside.

### *Post Abortion Syndrome*

First, let's get it straight. Many women have post-abortion problems and it is often difficult to find someone who will just listen. There's nothing "crazy" about the symptoms of Post Abortion Syndrome (PAS).

If you find any of the following common situations make you feel depressed, sad, confused or upset you're not alone:

- you were under twenty at the time of the abortion and you didn't understand what abortion involved, but now you do.
- you weren't sure how you felt about abortion but went through with it because you didn't want to disappoint someone.
- you were told you "had to" have an abortion for social, economic or medical reasons. You were given no alternatives but now you realize that other options were available.

### *What You Don't Need*

If you experience such feelings in similar situations what you *don't* need is:

- someone who tells you "You did the right thing, so forget it." If you could forget it, you would.
- someone who tells you "You did the wrong thing and you deserve to suffer and/or you're going to Hell."
- anyone who just wants to argue with you about abortion.

### *What You Do Need*

What you do need is a chance to be healed emotionally and physically. Ignoring the root cause of a disturbing condition only makes the upset continue or become worse.